



SURVEY CODE: A

Healthy Kids Colorado Survey Middle School

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey or answer sheet. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the circles completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

- Use a #2 pencil only.
- Answer only on answer sheet.
- Make dark marks.
- Fill in a response like this: ● B C D.
- To change your answer, erase **completely**.

1. How old are you?
 - A. 12 years old or younger
 - B. 13 years old
 - C. 14 years old
 - D. 15 years old
 - E. 16 years old
 - F. 17 years old
 - G. 18 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. 9th grade
 - E. 10th grade
 - F. 11th grade
 - G. 12th grade
 - H. Ungraded or other grade
4. How do you describe yourself? (Select one or more responses)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Hispanic or Latino
 - E. Native Hawaiian or Other Pacific Islander
 - F. White
5. Were you born in the United States?
 - A. Yes
 - B. No
 - C. I don't know
6. What is the language you use most often at home?
 - A. English
 - B. Spanish
 - C. Another language

The next 10 questions ask about personal safety.

7. I feel safe at my school.
 - A. NO!
 - B. no
 - C. yes
 - D. YES!
8. During the past 12 months, how many times have you been harassed or bullied on school property?
 - A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
9. During the past 12 months, how many times has someone tried to hurt you by hitting, punching, or kicking you while on school property?
 - A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
10. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
 - A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
11. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
 - A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

12. During the past 30 days, have you been the victim of a verbal slur because of your weight, size, or physical appearance?
 - A. Yes
 - B. No
 - C. Not sure
13. During the past 30 days, have you been the victim of a verbal slur because of your gender?
 - A. Yes
 - B. No
 - C. Not sure
14. When you rode a bicycle during the past 12 months, how often did you wear a helmet?
 - A. I did not ride a bicycle during the past 12 months
 - B. Never wore a helmet
 - C. Rarely wore a helmet
 - D. Sometimes wore a helmet
 - E. Most of the time wore a helmet
 - F. Always wore a helmet
15. How often do you wear a seat belt when riding in a car driven by someone else?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
16. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
 - A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times

The next 17 questions ask about behavior.

17. How wrong is it to damage or mark up public or private property on purpose?
 - A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all

18. How wrong is it to steal something valuable, like someone's palm pilot, backpack, or wallet?
 - A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
19. How wrong is it to hit someone because you didn't like what he or she did or said?
 - A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
20. How wrong is it to carry a hidden weapon?
 - A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
21. How wrong do **your parents/guardians feel** it would be for **you** to steal something worth more than \$5.00 dollars?
 - A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
22. How wrong do **your parents/guardians feel** it would be for **you** to draw graffiti, write things, or draw pictures on buildings or other property (without the owner's permission)?
 - A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
23. How wrong do **your parents/guardians feel** it would be for **you** to pick a fight with someone?
 - A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
24. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?
 - A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days

25. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
26. During the past 12 months, how many times were you in a physical fight?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
27. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
28. During the past 12 months, how many times were you in a physical fight on school property?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
29. How old were you when you first got **suspended** from school?
- A. I have never been suspended
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
30. How old were you when you first got **arrested**?
- A. I have never been arrested
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
31. How old were you when you first carried a **handgun**?
- A. I never have carried a handgun
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
32. How old were you when you first **attacked someone** with the idea of seriously hurting them?
- A. I never have attacked someone
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
33. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- A. Yes
 - B. No

The next 9 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

34. Sometimes I think life is not worth it.
A. NO!
B. no
C. yes
D. YES!
35. All in all, I am inclined to feel that I am a failure.
A. NO!
B. no
C. yes
D. YES!
36. At times I think I am no good at all.
A. NO!
B. no
C. yes
D. YES!
37. In the past 12 months have you felt depressed or sad MOST days, even if you felt OK sometimes?
A. NO!
B. no
C. yes
D. YES!
38. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
A. Yes
B. No
39. During the past 12 months, did you ever seriously consider attempting suicide?
A. Yes
B. No
40. During the past 12 months, did you make a plan about how you would attempt suicide?
A. Yes
B. No

41. During the past 12 months, how many times did you actually attempt suicide?
A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times
42. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
A. I did not attempt suicide during the past 12 months
B. Yes
C. No

The next 9 questions ask about tobacco use.

43. How old were you when you smoked a whole cigarette for the first time?
A. I have never smoked a whole cigarette
B. 8 years old or younger
C. 9 or 10 years old
D. 11 or 12 years old
E. 13 or 14 years old
F. 15 or 16 years old
G. 17 years old or older
44. During the past 30 days, on how many days did you smoke cigarettes?
A. 0 days
B. 1 or 2 days
C. 3 to 5 days
D. 6 to 9 days
E. 10 to 19 days
F. 20 to 29 days
G. All 30 days
45. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
A. I did not smoke cigarettes during the past 30 days
B. Less than 1 cigarette per day
C. 1 cigarette per day
D. 2 to 5 cigarettes per day
E. 6 to 10 cigarettes per day
F. 11 to 20 cigarettes per day
G. More than 20 cigarettes per day

46. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
47. If you wanted to get some cigarettes, how easy would it be for you to get some?
- A. Very hard
 - B. Sort of hard
 - C. Sort of easy
 - D. Very easy
48. How much do you think people **risk harming themselves** (physically or in other ways) if they smoke one or more packs of cigarettes **per day**?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
49. How wrong do **you** think it is for **someone your age** to smoke cigarettes?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
50. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have smoked cigarettes?
- A. None of my friends
 - B. 1 of my friends
 - C. 2 of my friends
 - D. 3 of my friends
 - E. 4 of my friends
51. How wrong do **your parents/guardians feel** it would be for **you** to smoke cigarettes?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all

The next 11 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

52. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
53. During your life, on how many days have you had at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 9 days
 - D. 10 to 19 days
 - E. 20 to 39 days
 - F. 40 to 99 days
 - G. 100 or more days
54. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
55. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 or more days

56. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
57. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) how easy would it be for you to get some?
- Very hard
 - Sort of hard
 - Sort of easy
 - Very easy
58. How much do you think people **risk harming themselves** (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly **every day**?
- No risk
 - Slight risk
 - Moderate risk
 - Great risk
59. How much do you think people **risk harming themselves** (physically or in other ways) if they take five or more drinks once or twice each weekend?
- No risk
 - Slight risk
 - Moderate risk
 - Great risk
60. How wrong do **you** think it is for **someone your age** to drink beer, wine, or hard liquor, (for example, vodka, whiskey, or gin) regularly?
- Very wrong
 - Wrong
 - A little bit wrong
 - Not wrong at all

61. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have tried beer, wine, or hard liquor (for example, vodka, whiskey, or gin) when their parents didn't know about it?
- None of my friends
 - 1 of my friends
 - 2 of my friends
 - 3 of my friends
 - 4 of my friends
62. How wrong do **your parents/guardians** feel it would be for **you** to drink beer, wine or hard liquor (for example, vodka, whiskey, or gin) regularly?
- Very wrong
 - Wrong
 - A little bit wrong
 - Not wrong at all

The next 11 questions ask about marijuana use. Marijuana also is called grass or pot.

63. During your life, how many times have you used marijuana?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 to 99 times
 - 100 or more times
64. How old were you when you tried marijuana for the first time?
- I have never tried marijuana
 - 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 or 14 years old
 - 15 or 16 years old
 - 17 years old or older
65. During the past 30 days, how many times did you use marijuana?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times

66. During the past 30 days, how many times did you use marijuana on school property?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
67. If you wanted to get some marijuana, how easy would it be for you to get some?
A. Very hard
B. Sort of hard
C. Sort of easy
D. Very easy
68. How much do you think people **risk harming themselves** (physically or in other ways) if they try marijuana **once or twice**?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk
69. How much do you think people **risk harming themselves** (physically or in other ways) if they smoke marijuana **regularly**?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk
70. How wrong do **you** think it is for **someone your age** to smoke marijuana?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not wrong at all
71. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have used marijuana?
A. None of my friends
B. 1 of my friends
C. 2 of my friends
D. 3 of my friends
E. 4 of my friends
72. How wrong do **your parents/guardians feel** it would be for **you** to smoke marijuana?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not wrong at all

73. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone else who had been smoking marijuana?
A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times

The next 8 questions ask about other drugs

74. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
75. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
76. During your life, how many times have you used ecstasy (also called MDMA)?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
77. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?
A. Yes
B. No

78. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have used LSD, cocaine, amphetamines, or other illegal drugs.
- A. None of my friends
 - B. 1 of my friends
 - C. 2 of my friends
 - D. 3 of my friends
 - E. 4 of my friends
79. How wrong do **you** think it is for **someone your age** to use LSD, cocaine, amphetamines (meth), or another illegal drug?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
80. During your life, how many times have you taken a **prescription drug without a doctor's prescription**, such as **painkillers** (like OxyContin, Codeine, or Percocet), **stimulants** (like Ritalin or Adderall), or **depressants** (like Valium or Xanax)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
81. How wrong is it to sell or deal drugs?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all

The next 23 questions will ask you about school.

82. Have you changed schools in the past year (not including changing from middle school to high school)?
- A. Yes
 - B. No

83. During the past 12 months, how would you describe your grades in school?
- A. Mostly A's
 - B. Mostly B's
 - C. Mostly C's
 - D. Mostly D's
 - E. Mostly F's
 - F. None of these grades
 - G. Not sure
84. Are your school grades better than the grades of most students in your class?
- A. NO!
 - B. no
 - C. yes
 - D. YES!
85. During the **LAST FOUR WEEKS** how many whole days of school have you missed because you skipped or "cut"?
- A. None
 - B. 1
 - C. 2
 - D. 3
 - E. 4-5
 - F. 6-10
 - G. 11 or more
86. How often do you feel that the school work you are assigned is meaningful and important?
- A. Never
 - B. Seldom
 - C. Sometimes
 - D. Often
 - E. Almost always
87. How interesting are most of your courses to you?
- A. Very interesting and stimulating
 - B. Quite interesting
 - C. Fairly interesting
 - D. Slightly dull
 - E. Very dull
88. How important do you think the things you are learning in school are going to be for you later in life?
- A. Very important
 - B. Quite important
 - C. Fairly important
 - D. Slightly important
 - E. Not at all important

89. Now thinking back over the **past year** in school, how often did you enjoy being in school?
A. Never
B. Seldom
C. Sometimes
D. Often
E. Almost always
90. Now thinking back over the **past year** in school, how often did you hate being in school?
A. Never
B. Seldom
C. Sometimes
D. Often
E. Almost always
91. Now thinking back over the **past year** in school, how often did you try to do your best work in school?
A. Never
B. Seldom
C. Sometimes
D. Often
E. Almost always
92. In my school, students have lots of chances to help decide things like class activities and rules.
A. NO!
B. no
C. yes
D. YES!
93. Teachers ask me to work on special classroom projects.
A. NO!
B. no
C. yes
D. YES!
94. There are a lot of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.
A. NO!
B. no
C. yes
D. YES!
95. There are lots of chances for students in my school to talk with a teacher one-on-one.
A. NO!
B. no
C. yes
D. YES!
96. I have lots of chances to be part of class discussions or activities.
A. NO!
B. no
C. yes
D. YES!
97. My teacher(s) notices when I am doing a good job and lets me know about it.
A. NO!
B. no
C. yes
D. YES!
98. The school lets my parents/guardians know when I have done something well.
A. NO!
B. no
C. yes
D. YES!
99. My teachers praise me when I work hard in school.
A. NO!
B. no
C. yes
D. YES!
100. Do teachers at your school treat students with respect?
A. All of them do
B. Most of them do
C. Some of them do
D. Almost none of them do
101. Do teachers at your school show interest in their students as people?
A. All of them do
B. Most of them do
C. Some of them do
D. Almost none of them do

102. Do teachers at your school try to help students when they are having problems?
A. All of them do
B. Most of them do
C. Some of them do
D. Almost none of them do
103. Do the principal and the rest of the school staff try to make your school a place students like to be?
A. All of them do
B. Most of them do
C. Some of them do
D. Almost none of them do
104. How wrong is it to cheat on tests or homework?
E. Very wrong
F. Wrong
G. A little bit wrong
H. Not wrong at all

The next 5 questions are about community service and extracurricular activities.

105. During the past 30 days, how many times did you perform any organized community services as a non-paid volunteer, such as serving meals to the elderly, picking up litter, helping out at a hospital, or building homes for the poor?
A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times
106. During an average week when you are in school, how many hours do you spend in clubs or organizations (other than sports) outside of school, such as 4-H, Boys and Girls Clubs, YWCA, or YMCA?
A. 0 hours
B. 1 to 4 hours
C. 5 to 8 hours
D. 9 to 12 hours
E. 13 to 20 hours
F. 21 or more hours
107. Do you participate in any extracurricular activities at school such as sports, band, drama, clubs, or student government?
A. Yes
B. No

108. How important is it to you to help other people?
A. Not important
B. Somewhat important
C. Very important
109. How often do you attend religious services or activities?
A. Never
B. Rarely
C. 1-2 times a month
D. About once a week or more

These 3 questions ask about your future.

110. How important is it to you to finish high school?
A. Not at all important
B. Not very important
C. Important
D. Very important
111. How important is it to you to go to college?
A. Not at all important
B. Not very important
C. Important
D. Very important
112. How important is it to you to be successful in a job or career?
A. Not at all important
B. Not very important
C. Important
D. Very important

The next 6 questions ask about your home.

113. In my home there is a parent or some other adult who is interested in my school work.
A. Not at all true
B. A little true
C. Pretty much true
D. Very much true
114. In my home there is a parent or some other adult who talks with me about my problems.
A. Not at all true
B. A little true
C. Pretty much true
D. Very much true

115. In my home there is a parent or some other adult who listens to me when I have something to say.
- A. Not at all true
 - B. A little true
 - C. Pretty much true
 - D. Very much true
116. In my home there is a parent or some other adult who expects me to follow the rules.
- A. Not at all true
 - B. A little true
 - C. Pretty much true
 - D. Very much true
117. In my home there is a parent or some other adult who believes that I will be a success.
- A. Not at all true
 - B. A little true
 - C. Pretty much true
 - D. Very much true
118. In my home there is a parent or some other adult who always wants me to do my best.
- A. Not at all true
 - B. A little true
 - C. Pretty much true
 - D. Very much true

The next 5 questions ask about body weight.

119. How do you describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
120. Which of the following are you trying to do about your weight?
- A. Lose weight
 - B. Gain weight
 - C. Stay the same weight
 - D. I am not trying to do anything about my weight
121. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

122. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)
- A. Yes
 - B. No
123. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

The last 4 questions ask about physical activity.

124. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes** that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
125. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

126. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes** per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

127. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

END OF SURVEY